

HARTSBURG-EMDEN CUSD NO. 21

APRIL 2020 NEWSLETTER

FROM THE SUPERINTENDENT'S DESK

Terry Wisniewski, Superintendent

A year ago I typed this article discussing the end of the third quarter, IAR (the Illinois Assessment for Readiness – our State Mandated Test), the end of the winter sports, the beginning of spring sports, etc. This coronavirus pandemic has really changed the mindset. I am sure many of you have heard a lot of information about the virus. You know it is about twice as contagious as the regular flu, lasts for about twice as long, and attacks your lungs (filling it up with fluids). You have heard about disinfecting, social distancing, washing your hands, etc. Our Breakfast/Lunch Program is up and running and our kids are getting two meals a day Monday – Friday. There has been a lot of discussion about e-learning. The State established a definition of Continued Learning Days at home for the initial school shutdown. Now the State is transitioning us into what they are calling Remote Instructional Days so that we can further advance student learning (in alignment with the initial e-learning plan we have designed). It seems since that 2nd week of March, we have been working to get everything going.

Now, I want to take a minute to talk about a few other things. First, the social and emotional stress this has put on students and families. It is so easy for tensions to run high during times like these. It is important that we find a way to express those feelings of anxiety. Do not fight your emotions. There is a misconception among some that containing one's emotions contains the problem or that they need to be strong for their families by avoiding those emotions. That often backfires on people. You will also find many people having similar concerns. Make sure you find social support. Family and friends are a good place to start. Amanda Feltes, our school guidance counselor, has put together some wonderful materials together on her website. Many people find a support group where they are able to belong. For others, it just helps to find a way to relax. Prayer, meditation, or deep relaxation techniques, all offer a powerful antidote to stress. They give your body several moments where you are able to clear your mind and focus on anything other than your anxiety.

Unemployment numbers in the U.S. are expecting to rise. My wife received a furlough notice last week. A few days later, she was called back to work half time, but 26 people in her department were not called back. If you do not already know someone who has lost their job amid the coronavirus crisis (or you have not lost your job yourself), you will soon. My point is that people will need support. This adds additional pressure to the whole pandemic. I have always talked about how Hartsburg-Emden is a tight knit community. Most of us have phones, social media accounts, etc. We may not be able to go to someone's house, but we can reach out to each other in a whole bunch of different ways. Our churches have always been a solid pillar in our community. Hartsburg-Emden School District will continue to do all we can to support children, parents/guardians, and community members. Our office hours are 8:00am – 1:00 pm, call us if you need anything.

We need to continue to pay very close attention to what is happening in Springfield and Washington D.C. as we begin to plan for the remainder of the school year. Hartsburg-Emden School District will actively pursue and promote what is best for our students, families, and community. We remain hopeful that this pandemic will be controlled and run its course quickly. We wish for everything to get back to a sense of normalcy as quickly as possible. I encourage you to be there for each other. As a district, I can assure you, that we will continue to strive to do everything we can to assist everyone through this pandemic. I wish everyone a Happy (and blessed) Easter.

HARTEM FFA

Sara Barton, Ag Teacher and FFA Advisor

The Hartem FFA Chapter had a busy short month of March! We started out the month with our annual strawberry sale. We sold 108 flats this year and would like to thank all of those who bought strawberries from us this year! Our chapter worked hard and put many hours of practice to prepare for Parliamentary Procedure Contest and also for an invitational Livestock Judging Contest but we were unable to attend those contests due to COVID-19. While we are sad about the FFA cancellations this month, we hope for and look forward to future events this school year. Future event dates are TBD.

PRINCIPAL'S MESSAGE

Jon Leslie, Principal

Hello Hartsburg-Emden Community!!

I would like to thank everyone in our community for supporting your child's continuing educational experience. It is no doubt an adjustment for everyone, and will probably continue to be for some time into the future. Please remember that we are here to help. We are a couple of weeks into our alternative learning with a couple of weeks to go (at a minimum) as I write this article. Please keep in mind that you might see more of a transition to using technology to provide instruction rather than paper packet means, even at the elementary level. Our teachers have been working hard and implementing strategies as we go along to make at home learning more meaningful and authentic. In terms of state testing (IAR), we are still waiting on guidance regarding whether or not our students will be completing the exam. The PSAT and SAT dates are quickly approaching as well. We are also waiting to see what will happen with those exams. There is some talk that juniors will take the SAT next fall.

Usually, I write about upcoming events at some point in my article. To be truthful, at this point everything is tentative on our calendar for future events. Some of these events might be able to be made up in the future and some of them, unfortunately, will not. Please know that we will do everything feasible to make sure that we can provide the best overall curricular and extracurricular experience possible.

Please check out our website and social media sites for daily announcements and happenings for our School District.

Go Stags!!!!



APRIL BREAKFAST/LUNCH PRICES

13 Student Breakfasts	@\$2.00	\$26.00
13 Reduced Student Breakfasts	@\$0.30	\$3.90
13 Student Lunches	@\$2.75	\$35.75
13 Reduced Student Lunches	@\$0.40	\$5.20

Students at Hartsburg will need to pay for seconds. Entrées are \$.90, vegetable/fruit are \$.50 and milk is \$.40. Seconds need to be paid for at the time they are served. Adult lunches purchased are \$3.25.

SPANISH CLASSES

All levels of Spanish have been emphasizing conversational Spanish this past month. We have been breaking off into small groups and practicing asking essential Spanish questions of classmates. The students respond to the questions in Spanish.

All the Spanish classes are about to finish the grammar concepts appropriate for their Spanish level. We also have been watching short Spanish videos and then summarizing what we have watched into correct Spanish.

HARTEM CHESS TEAMS

The Hartem High School Chess Team had a very good first season of IHSA chess. The highlight of the year was defeating Olympia twice. The Hartem High School chess team also had very good matches with Normal West and Lincoln, narrowly missing victories against both AA schools. The High School Chess team finished at the IHSA sectional at Washington High School.

The Hartem Jr. High Chess Team had an exciting end of the year at the IESA State Chess tournament held at the Peoria Civic Center. The Hartem 7th grade team finished 21st in the state out of 57 teams. This was very impressive as there is only one class in IESA chess. This means that Hartem beat teams much larger than us such as Bloomington Jr. High.

Jonah Robison scored 4 points, Karter Ross and Logan Palladini scored 3 points, and Mitchell Mason scored 1.5 points. Ashlyn Duvall and Gabby Duvall scored 2 points respectively in the 8th grade and 6th grade divisions. This was a great first year for the Jr. High Chess Team.

GUIDANCE DEPARTMENT

Amanda Feltes, K-12 Counselor

I struggled trying to determine what to put in my article for this month. Normally, I try to share what's going on at school, remind you of important deadlines, and talk about academic topics. This month, I think it's important to share some mental wellness tips. These past couple weeks have been pretty crazy. Our teachers and families were given a moment's notice that the school would be closed and we would be working remotely. This is definitely an unprecedented time. Undoubtedly, there are a lot of emotions and stress that comes in times of uncertainty. As I write this, I'm not sure what will happen in the coming weeks. It brings me anxiety in knowing what the future holds for our students, our teachers, and everyone in our small community.

I want to share an excerpt from an article I read this week that resonated with me. This article, from the Harvard Business Review is titled "That Discomfort You're Feeling Is Grief" by Scott Berinato. It serves as a reminder of what we can and cannot control in these unsettling times and gives us tips to help manage strong emotions.

“What can individuals do to manage all this grief?”

Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren't linear and may not happen in this order. It's not a map but it provides some scaffolding for this unknown world. There's denial, which we say a lot of early on: *This virus won't affect us.* There's anger: *You're making me stay home and taking away my activities.* There's bargaining: *Okay, if I social distance for two weeks everything will be better, right?* There's sadness: *I don't know when this will end.* And finally there's acceptance. *This is happening; I have to figure out how to proceed.*

Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually.

When we're feeling grief there's that physical pain. And the racing mind. Are there techniques to deal with that to make it less intense?"

“ ... Anticipatory grief is the mind going to the future and imagining the worst. To calm yourself, you want to come into the present. This will be familiar advice to anyone who has meditated or practiced mindfulness but people are always surprised at how prosaic this can be. You can name five things in the room. There's a computer, a chair, a picture of the dog, an old rug, and a coffee mug. It's that simple. Breathe. Realize that in the present moment, nothing you've anticipated has happened. In this moment, you're okay. You have food. You are not sick. Use your senses and think about what they feel. The desk is hard. The blanket is soft. I can feel the breath coming into my nose. This really will work to dampen some of that pain.

You can also think about how to let go of what you can't control. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on that.

Finally, it's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. A coworker got very snippy with me the other day and I thought, That's not like this person; that's how they're dealing with this. I'm seeing their fear and anxiety. So be patient. Think about who someone usually is and not who they seem to be in this moment.”

Remember, we're all in this together. There are plenty of ways for us to stay connected. Find time to video chat with loved ones, write joyful messages on the sidewalk for your neighbors to see, donate items to the local hospital, organize a family game night... And as always, I'm here if you need someone to talk to! Just send me a quick email. Make sure to check out my website or Google Classrooms for more tips and resources. Stay safe everyone! I hope to see you soon!

If you'd like to read the full article by Berinato, you can find it here: <https://tinyurl.com/that-discomfort-youre-feeling>

HARTSBURG-EMDEN ALUMNI BANQUET

The 93rd Annual Alumni Banquet of Hartsburg-Emden High School will begin at 6:30 pm on June 13, 2020, at the Emden Community House in Emden, Illinois. Invitations to the banquet will be sent out in early May. Anyone who did not receive an invitation but would like to attend the banquet may send a request via email to Ginnifer (Sparks) Smith at ginnifer.smith@gmail.com.

Anniversary classes being honored this year include: 1935, 1940, 1945, 1950, 1955, 1960, 1965, 1970, 1975, 1980, 1985, 1990, 1995, 2000, 2005, 2010, 2015 and the Senior Class of 2020. If you are a member of one of these classes and want to insure you are on the mailing list, please email your address to Ginnifer (Sparks) Smith at ginnifer.smith@gmail.com. All HARTEM graduates are welcome to attend. The Alumni Committee will be researching addresses with the help of members from each anniversary class.

The winner of the "Wall of Fame" award will be selected and announced at the banquet. This year's award will be represented in the category of "Service to the District." Please mail nomination letters to Ginnifer (Sparks) Smith at 252 W. 2nd Street, El Paso, IL 61738 or email to ginnifer.smith@gmail.com.

Officers of the 2020 Alumni Association are Ginnifer Sparks Smith ('00), President; Ron Spencer ('89), Vice-President; Greg Phillips ('89), Treasurer; Carole Metz Knipp ('62), Jillyn Cross Thornton ('08), Corresponding Secretaries; Amy Luken Leesman ('00), Recording Secretary.



LIBRARY NEWS

We have winners!

The Hartsburg-Emden selection for Monarch book was *Bad Guys* by Aaron Blabey. We submitted our votes to go into the whole IL votes. The Illinois winner for Monarch is *Baby Monkey, Private Eye*.

For the Bluestem, we had a 5 way tie, but the Illinois winner is *Real Friends*. The Rebecca Caudill winner for Illinois is *Refugee* and the Lincoln Teen award winner is *They Both Die at the End*.

To see short videos announcing these winners, check out the Remote Learning Google Drive folder, linked on the school's library website, www.stagsread.weebly.com. There are many resources both on the website and in the shared folder for students of all ages, both to help with their remote learning and for general enrichment.

The Book Fair arrived! And then we had to close, so we're not certain what's going to happen with the Book Fair as of now. We'll keep you up to date when we know more. We'd hate to lose the excitement of the Book Fair, but we'll have to see what happens.


Donation News

From 2019- \$100 from the Sons of the American Legion Post 506 for 6 non-fiction books about dog breeds.

Stay healthy! Stay home! Read a book! I can't wait to see your students when we return!


April

2020

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
5	6	7	8 <i>Qtr 4 Progress Rpts</i> Teacher Institute	9 No School	10 No School	11
12 	13 No School HSBB vs Springfield Luth 4:30	14 HSBB @ MWC 4:30 SAT-Juniors	15 PSAT-Sophomores 5 th Grade Field Trip-Dozer Park 10:30-3:00 JH Sch Bowl-Host 4:00	16 PSAT-Freshmen 2 nd Grade Field Trip @ ALMH 11:45-2:45 JH Track @ Delavan 4:00 HSBB vs Cuba 4:30	17 HSBB @ Peoria Heights 4:30	18 JH Track @ Olympia 10:00 Prom @ Emden Comm. House
19	20 <i>Board Mtg 7:00</i> JH Track @ Havana 4:00 HSBB @ IC 4:30	21 JH Track @ IC 4:00 HSBB @ LeRoy 4:30	22 2:00 Dismissal Faculty Meeting	23 JH Sch Bowl @ Olympia 4:00 HSBB vs El Paso-Gridley @ IWU 7:00	24 HS Play 7:00	25 HSBB vs Ridgeview @ Dozer Park 10:00 HS Play 7:00
26	27 HSBB @ Havana 4:30	28 JH Track @ MWC 4:15 HSBB vs MP 4:30	29 JH Track-Logan County Conf. Meet @ LCHS 9:00 JH Sch Bowl-Host Reg. 4:00 CEO Tradeshow @ Lincoln American Legion 4:00-6:00	30 HSBB @ Blue Ridge 4:30		


**All events and activities are subject
to change pending announcements
from Governor Pritzker.**

April 2020

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Breakfast Menu			1 Biscuit with egg patty Applesauce	2 Bagel w/cream cheese Peaches	3 Mini pancakes Mandarin oranges	4
5	6 Cereal bar Mixed fruit	7 Peanut butter and Jelly jamwich Pineapple	8 Chicken slider biscuit Cherry star juice	9 No School	10 No School	11
			Will provide 3 additional meals for 3 day break	3 additional meals provided 04/08	3 additional meals provided 04/08	
12 	13 No School 3 additional meals provided 04/08	14 Fruit frudel Cherry star juice	15 Sausage patty Tri tater Strawberries	16 French toast sticks Pears	17 Chocolate chip muffins Mandarin oranges	18
19	20 Nutria-grain bar applesauce	21 Frittata Mixed fruit	22 Tornados Cheese stick Peaches	23 Pancake and sausage on stick Pineapple	24 Pancakes w/ syrup Banana	25
26	27 French toast w/syrup Pears	28 Biscuit Sausage patty Mandarin oranges	29 Breakfast bar Boiled egg Peaches	30 Pop tart Apricots		

**A variety of milk is available every day.
This institution is an equal opportunity
provider.**

April 2020

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Lunch Menu			1 BBQ Rib on bun Mixed vegetables Peaches Vanilla wafers	2 Hot ham & cheese on bun Green beans Mandarin oranges Cottage cheese	3 Chicken strips Carrot/Celery sticks Mixed fruit	4
5	6 Crispito w/cheese sauce Cooked carrots Bread Pineapple	7 Hot turkey on bun Baked beans Apple Chips	8 Hamburger on bun Tri tater and Corn Applesauce	9 No School	10 No School	11
			Will provide 3 additional meals for 3 day break	3 additional meals provided 04/08	3 additional meals provided 04/08	
12 	13 No School 3 additional meals provided 04/08	14 Meatballs Mixed vegetables Scalloped potatoes Strawberries	15 Chicken nuggets Sun chips Mini carrots Pears	16 Sloppy joe on bun Tater tots Green beans Mandarin oranges	17 Pizza Goldfish Corn Applesauce	18
19	20 Corn dog Soft pretzel Broccoli Mixed fruit	21 Pizza burger on bun Carrots Peaches Pudding	22 Deli sub sandwich Fresh veggies/dip Hard pretzels Pineapple	23 Pork tenderloin on bun Cottage cheese Green beans Orange	24 Chicken fajita Shredded lettuce Salsa Tortilla chips Pears	25
26	27 Chicken patty on bun Broccoli Mandarin oranges	28 Hot dog on bun Peas Peaches Cookie	29 Hot ham & cheese on bun French fries Baked beans Apricots	30 Cheeseburger on bun Green beans Chips Pineapple		

A variety of milk is available every day. Chef salad and side salads are available every day at the high school. This institution is an equal opportunity provider.

Hartsburg-Emden C.U.S.D. #21
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Hartsburg, IL 62643

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